

Parenting through trauma-Part 2: More research findings on children with PTSD

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Experiencing trauma damages children's brains

According to [CNN](#), researchers at Stanford University have released findings to research that they have performed on the brains of children who have suffered from trauma. The findings suggest that the brains of traumatized children are injured as result of the trauma. This is consistent with what we already know about [PTSD](#) in adults.

These findings make it even more important for [parents to seek early intervention in the case of trauma](#).

Of youths who have experienced a traumatic event, 3 percent to 15 percent of girls and 1 percent to 6 percent of boys could get a PTSD diagnosis, according to the U.S. Department of Veterans Affairs.

By contrast, an estimated 6.8 percent of the adult American population has had PTSD at some point, the department said.

Trauma seems to affect the hippocampus. If the hippocampus is damaged, memory is affected. This means that those affected by PTSD will experience the common symptoms of avoidance and numbing associated with PTSD.

As reported in the earlier article [Parenting Through Trauma](#), the [National Center of PTSD](#) offers some good advice for parents of children who are involved in trauma:

- Seek professional guidance and counseling. Treatment for PTSD helps walk victims through the trauma and its effects in a safe environment. Coping skills are taught for handling the intrusive thoughts that occur after the trauma.
- Be calm and provide your child with the extra nurturing that they are craving
- Be consistent with what you say and how you respond to the trauma
- Tell the child what he/she should do when fears and anxiety arise (e.g. come find you to hug and talk, breath deeply, refocus on something in the present like a game or other toy, get out of the house and do something)
- Reassure the child that the danger has passed and that he/she is now safe
- Join forces with other victims and participate in closure activities, such as memorials, if appropriate

Parents should be assertive in getting the care a child needs. Give the victim the time and space he/she needs to recover and keep the "lines of communication" open at all times.